

WHAT IS THE MATTER?



MY LIFE IS A MESS!

How can I maintain control
in an environment that
feels stressful?

A MESS CAN BE A REFLECTION OF STRESS



- Divorce
- Death of a Loved One

- Discrimination
- School Violence



- Sexual Assault
- Child Abuse and Neglect

DEALING WITH A MESS CAN LOOK OR FEEL LIKE:

- Anxiety
- Depression
- Anger
- Overly aware of surroundings
- Nightmares or Trouble Sleeping



- Flashbacks
- Thought Overload
- Self-Harm
- Guilt or Shame
- Withdrawn

NO MESS, NO STRESS!

Take out the garbage in your mind
and keep your head space clean.

- Simplify- Declutter Your Mind
- Set and Enforce Boundaries
- Talk to a Trusted Friend or Adult
- Prioritize the Important Things
- Journal
- Self-Care
 - Listen to Music
 - Exercise
 - Meditation/Prayer

What are the methods that you
use to maintain control in your
environment?

**WHEN YOUR MESS IS UNDER
CONTROL, STRESS CAN BE
PREVENTED.**

**Sexual assault is common among teens.
Just like stress, it can be prevented.**

Partners Against Violence invites you to join us for the #SAAM (Sexual Assault Awareness Month) Campaign. Commit to preventing sexual assault by asking for CONSENT. Obtaining consent is the best way to prevent sexual assault. Show your pledge this April with the hashtags #IASK #SAAM @PartnerAgainstViolence

**The legal age to give consent, in the state of
California, is 18.**



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